



# Udall Senior Center IN JUNE

**Feedback Meeting**  
Thursday, June 15th  
11:30AM - 12:30PM



MPR

*You are invited to attend our  
June/July meeting. We'd love to  
hear your feedback, comments  
& suggestions.*

*\*Snacks & refreshments provided.*



## **DYI Nautical Decor**

Monday, June 26th

1:00PM

Cost: \$5

Please sign up at the desk.

**Center Closed on  
Monday, June 19th**



Tuesday, June 13th  
Depart: TBA Return: TBA  
Cost: \$8

\*Fee includes movie ticket & transportation.

**Movie: About My Father**

PG-13 • 2023 • Comedy • 1h 29m



## **"Healthy Aging"**

Doc Talk

Thursday, June 22nd

12PM - 1PM

Please sign up at the desk.



## **"Travel Log"**

### **Explore the Galapagos**

with Elaine and Bob

Tuesday, June 27th

1PM

Please sign up at the desk.



**TUCSON MUSEUM of ART**  
AND HISTORIC BLOCK



Thursday, June 29th

Depart: 9:30AM Return: 2:00PM

Cost \$13

\*Lunch on your own at Choice Greens





# JUNE

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			1	2
5	6	7	8	9
12	13	14	15	16
19	20	21	22	23
26	27	28	29	30



Chair Exercise  
9:30AM - 10:15AM



Toning + Latin Cardio  
9:30AM - 10:15 AM



Cardio Sticks  
9:30AM - 10:15AM



Stretch & Breathe  
9:30AM - 10:15AM



Craft  
1PM



Field Trip  
times vary



Book Club  
10:30-11:30 AM



Chair Volleyball  
9AM - 12PM



DOC talk  
12PM



Feedback Meeting  
11:30AM - 12:30PM  
MPR



## Book Club

Wed., June 21st  
at 10:30 AM

Following Atticus  
by Tom Ryan



Udall's Carol West Senior Center  
7200 Tanque Verde Road  
Tucson, AZ 85715  
(520) 791-4121  
TPRD-Udall@tucsonaz.gov



Scan to take you  
to Udall's webpage

Anyone in need of an accommodation should contact the department at least two weeks in advance if possible.  
For more details email the Inclusion Coordinator at  
TPRDTherapeutics@tucsonaz.gov or contact call 520-791-4504.